**Cupping Massage After-Care**

* Drink plenty of the purest water you can find
* Do not exercise until the next day
* Avoid chills, drafts or heat for the next 4-6 hours
* Avoid hot showers (lukewarm only), steams, or saunas til the next day
* Do not receive other bodywork for 48 hours (this could overload your system) or it could negate any work that has already been done).
* Cupping therapy works to detoxify & slowly open the lymphatic pathways for those who have more bloat or specific trauma to the tissue, but sometimes with dramatic results. Subsequent sessions will yield even better results and eventually will be done faster.
* If you’re participating in the body contouring, it is important to leave the essential oils on overnight and not bathe.

**Call your therapist at (631) 690-7583 with any questions you might have.**